
Power of One



COACHING AND OUTREACH MINISTRIES, INC.

Empowering Healthy Communities

Community Resource Guide

Dear Community Member,

With the help of our many partners, we are proud to share our Community Resource Guide with you.

In this Community Resource Guide, you will find a variety of local organizations and programs that we hope can be useful to you and your family. Feel free to use the organizations' flyers as referrals from us.

Power of One CCOM, Inc. is a 501(c)3 Public Charity committed to alleviating poverty by providing Personal Development and Wellness Workshops and providing valuable resources to individuals in need. Over the years, Power of One has collaborated with multiple organizations to best serve the Clifton community.

In His Service Together,

Kim Castellano

President

Power of One CCOM

info@powerofoneccom.org

P.O. Box 6080, Clifton, NJ, 07015
(201) 328- 2326 | powerofoneccom.org

Organizations

Power of One

Family Services

4Cs

Center for Family Services

Hackensack Meridian School of Medicine

OASIS

Palestinian American Community Center

Food Services

Cumac

Saint Peter's Haven

Mental Health Support

Mental Health Association of NJ

Mental Health Association of Passaic

SERV

Resources for Substance Abuse/Addiction

BlueCrest Recovery Center

SERV

Health Services

1day@atime Nutrition Counseling

Clifton Health Department

Resources for Children

Bridge of Books

Clifton Public Library

PIK Prevention is Key PPER

Resources for Seniors

Clifton Senior Citizen Center

HomeCare Options

United Healthcare



TURN OFF THE STRESS SERIES

Led by Kim Castellano



FIND HOPE

STRESS-ANXIETY-GRIEF SUPPORT

CHANGING PEOPLES LIVES WITH A MESSAGE OF HOPE

INTRO TO STRESS - All are Welcome

CLIFTON MAIN PUBLIC LIBRARY
292 PIAGET AVE

DATES: JULY 7/21, 8/18, 9/15, 10/13, 11/10, 12/15
TIME: 6PM-8PM

TOPICS:

Understanding Your Stress
How Stress Effects the Body
Identify your Stress Triggers
Stress Wheel of Life
Distortional Thinking and Beliefs
Break the Worry Cycle
Meditation

STRESS- ANXIETY-GRIEF SUPPORT GROUP

CLIFTON SENIOR CENTER
900 CLIFTON AVE BARN C5
DATES: 7/14, 8/11, 9/8, 9/22, 10/6, 10/20, 11/3, 12/8
TIME: 6:30PM-8PM

*Prerequisite- One must attend Intro Session at Library before attending support group.

Group setting led by Peer to Peer, Certified, Trained Counselors, and Mental Health Professionals.

Providing a safe place to share and work on recovery from life's setbacks and hang ups. Group focuses on root causes of stress, worry, anxiety and grief. Explanations of stress relief worksheets and book discussions.



FREE MENTAL HEALTH SUPPORT

Scan to REGISTER
for Intro Session



www.powerofoneccom.org
info@powerofoneccom.org
Call 862-239-5905

Encourage Empower Equip

4CS CHILDCARE FINANCIAL ASSISTANCE



- * FULL & PART-TIME CHILDCARE ASSISTANCE AVAILABLE
- * ASSISTANCE INCLUDES BEFORE-SCHOOL AND AFTER-SCHOOL CARE AND SUMMER CAMP
- * NO FEES OR CHARGES TO APPLY
- * SUBJECT TO ELIGIBILITY GUIDELINES



If you (or someone you know) have children up to 13 years old, or less than age 19 who is mentally or physically incapable of self care, and are:

- A Passaic County resident
- Working a minimum of 30 hours per week
- Attending school or a training program full time
- Working and attending school for a combination equivalent to 30 hours per week

Please contact us:

4CS of Passaic County, Inc.
2 Market Street, 3rd Floor (Paterson Museum)
Paterson, NJ 07501

973-684-1904 • www.4cspassaic.org • Info@4cspassaic.org

(Summer and school-year programs)

4CS

ASISTENCIA FINANCIERA PARA CUIDADO DE NIÑOS



- * ASISTENCIA DISPONIBLE PARA GUARDERÍA INFANTIL Y CUIDADO DE NIÑOS PARA TIEMPO COMPLETO Y/O MEDIO TIEMPO
- * LA ASISTENCIA INCLUYE CUIDADO PARA ANTES Y DESPUÉS DE LA ESCUELA Y CAMPAMENTO DE VERANO
- * NO HAY COSTO PARA SOLICITAR
- * SUJETO A REGLAS DE ELEGIBILIDAD



Si usted (o alguien que conoce) tiene niño(s) menor(es) de 13 años de edad, o los 19 años si está mental o físicamente incapacitado para cuidarse a sí mismo, que esté:

- Residiendo en el Condado de Passaic
- Trabajando un mínimo 30 horas a la semana
- Estudiando tiempo completo
- Una combinación de escuela y trabajo equivalente a 30 horas a la semana

Por favor contáctenos:

4CS of Passaic County, Inc.
2 Market Street, 3rd Floor (*Museo de Paterson*)
Paterson, NJ 07501

973-684-1904 • www.4cspassaic.org • Info@4cspassaic.org

(Ayuda con programas de verano y durante el año escolar)

FIND QUALITY, AFFORDABLE HEALTH INSURANCE NOW



**Getting married? Divorced?
Moving? New baby?
Losing job-based health coverage?
Income under \$53,000 for
household of 4 (\$25,760 for 1)?**

*Call us to see if you are eligible for a
Special Enrollment Period (SEP)!*

We're here to help.

CENTER FOR FAMILY SERVICES Navigator Hotline

Monday through Friday, 9am-5pm

1.877.9.NAVIG8 (1.877.962.8448)

Free, confidential, private enrollment help from NJ State certified assisters.

Not affiliated with any insurance company.

The Navigator Exchange Program is funded by the New Jersey Department of Banking and Insurance.



ENCUENTRE SEGURO MÉDICO ECONÓMICO Y DE CALIDAD

¿Va a casarse? ¿Divorciarse?
¿Mudarse? ¿Tener un nuevo bebé?
¿Perder la cobertura de salud
basada en el trabajo?

¿Tiene ingresos menos de \$53.000 para un
hogar de 4 personas (\$25.760 para una)?

*¡Llámenos para saber si puede ser elegible
para un Periodo de Inscripción Especial!!*



¡Llame a la línea directa del Center For Family Services para obtener una cita gratuita!

CENTER FOR FAMILY SERVICES Navigator Hotline

lunes a viernes, 9am-5pm

1.877.9.NAVIG8 (1.877.962.8448)

Ayuda de inscripción gratuita, privada, y confidencial de los asistentes certificados del estado de Nueva Jersey.

No hay ninguna afiliación con compañías de seguro médico.

El Programa Intercambio de Navegadores es financiado por el Departamento de Banco y Seguro de Nueva Jersey.





HUMAN DIMENSION VOICES PROGRAM



Do you want to be healthy? Do you want to make a difference in your community?

The Voices Program is unlike any program. You will get to know students who will be future doctors.

The students will help you and your family reach your health and wellness goals. You will teach them to be better doctors by sharing your life stories.

This is a free program, and you have the freedom to stop at any time. Two students will visit you about once every other month (6 -8 times a year).

During the visits, you and your family can:

- Learn how to be healthy.
- Find out more about services that could help you.
- Talk about medical visits (doctor, dentist, pharmacy).
- Go to medical visits, school meetings, or social service appointments with the students.
- Build a relationship with students who want to help you.

YOUR VOICE can change the future of medicine!

For more information, email our Community Programs Team at CPSOM@hmhn.org or call 862-660-5037.



Sign Up Today!



HUMAN DIMENSION VOICES PROGRAM

Frequently Asked Questions

Do I or anyone in my family need to be U.S. citizen or resident to participate in the program?

*No. You do not need to have any legal documentation status in this country. Your personal information is **confidential**, which includes your immigration status, and will not be shared with any agencies or authorities.*

Do I need to have health insurance to be in the program?

No. You do not need to have health insurance.

Do I need to speak English to participate in the program?

No. You do not need to speak English.

What time would visits take place?

Visits would take place during weekday daytime hours and early evenings.

Where would the visits take place?

Visits can take place in several places. The students can meet you in your home or in public spaces, such as your local library. Students can also meet you at your medical appointments.

Do I need to give you my personal information?

You do not need to share any information that you do not want to share.

YOUR VOICE can change the future of medicine!

For more information, email our Community Programs Team at CPSOM@hmn.org or call 862-660-5037.



Sign Up Today!



DIMENSION HUMANA: IMPACTO DE SU VOZ



¿Desea estar saludable?

¿Desea marcar una diferencia en su comunidad?

El Programa Voces - Dimensión Humana (Human Dimension - Voices Program) es diferente al resto de los programas. Usted conocerá a estudiantes que serán futuros médicos.

Los estudiantes lo ayudarán a alcanzar sus objetivos de salud y bienestar. Usted les enseñará a ser mejores médicos al compartir su historia de vida.

Este es un programa gratuito y usted puede dejar de participar en cualquier momento. Dos estudiantes lo visitarán cada-mes-y-medio (de 6 a 8 veces por año).

Durante las visitas, usted y su familia podrán:

- Aprender cómo estar saludable.
- Obtener más información acerca de servicios que podrían ayudarlos.
- Hablar acerca de las visitas médicas (médico, dentista, farmacia).
- Ir a visitas médicas, reuniones de escuela, o citas de servicios sociales con los estudiantes.
- Entablar una relación con los estudiantes que deseen ayudarlos.



¡Regístrate hoy!

¡SU VOZ puede cambiar el futuro de la medicina!

Para obtener más información, envíe un correo electrónico a nuestro Equipo de Programas Comunitarios a CPSOM@hmhn.org o llame al 862-660-5037.

DIMENSION HUMANA: IMPACTO DE SU VOZ

Preguntas Frecuentes

¿Necesito, yo o alguien en mi familia, tener un estado legal de inmigración para participar en el programa?

*No. Usted no necesita tener documentación de estado legal en este país. Su información personal es **confidencial**, esto incluye su estado migratorio, y no será compartido con ninguna agencia o autoridad*

¿Necesito tener seguro médico para participar en el programa?

No. Usted no necesita tener seguro médico.

¿Necesito hablar Inglés para participar en el programa?

No. No necesitas hablar Inglés.

¿A qué hora se realizaran las visitas?

Las visitas se realizaran durante el día y tardes.

¿Dónde serán las visitas?

Las visitas puede ocurrir en varios lugares. Los estudiantes pueden reunirse con usted en su casa o en espacios públicos como su biblioteca local. Los estudiantes también pueden reunirse con usted en sus citas médicas.

¿Necesito darle mi información personal?

No es necesario compartir ninguna información que no desee compartir.

¡SU VOZ puede cambiar el futuro de la medicina!

Para obtener más información, envíe un correo electrónico a nuestro Equipo de Programas Comunitarios a CPSOM@hmhn.org o llame al 862-660-5037.



¡Regístrate hoy!



SATURDAY – RISE & SHINE REGISTRATION IS OPEN

ADULT PROGRAMS

- *ESL *SEWING *CROCHET
- *GED (SPANISH) * COMPUTERS

YOUTH PROGRAMS **

- *ESL (Grades 1-2) * PERSONALIZED TUTORING (Grades 1-5)
- * READING ENRICHMENT (Grades 1-2, 3-4)
- * PRE-ALGEBRA (Grades 6-7-8)
- * WRITERS WORKSHOPS (Grades 6 -7-8)
- * CODING *ART * ART THERAPY (Ages 6- 13)

Saturday, September 17 – November 19
Oasis – 59 Mill Street - Paterson

Email Evelyn: evelyncuciti@oasisnj.org
for more information
973-881-8307 x 120

**Please bring report card when registering



OASIS' PS2 FULL-SERVICE
COMMUNITY SCHOOL PRESENTS:

KINDERBRIDGE PROGRAM

AUGUST 23, 24, & 25

8AM-2PM

HELPING YOUNG STUDENTS BE COMFORTABLE
WITH KINDERGARTEN!!!!

FREE:
BREAKFAST
LUNCH
BOOK BAGS
SUPPLIES & MORE

CONTACT JESSICA ABREU
WITH ANY QUESTIONS.

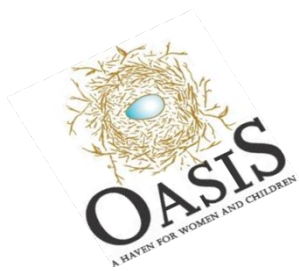
jabreu@paterson.k12.nj.us

REGISTER HERE!!!

SPACE IS LIMITED

LOCATION: PS2, 22 PASSAIC STREET, PATERSON, NJ 07501

The contents of this publication were developed under a grant from the U.S. Department of Education, Full-Service Community Schools (FSCS) Program. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal government.



OASIS' PS2 FULL-SERVICE
COMMUNITY SCHOOL PRESENTS:

KINDERGARTEN
PROGRAMA DE PUENTE GRATIS!
AGOSTO 23, 24, & 25
8AM-2PM

AYUDAR A LOS ESTUDIANTES A ESTAR CÓMODOS
¡EN KINDERGARTEN!

INCLUIDO:
DESAYUNO
ALMUERZO
MOCHILA
UTILES, y MAS

SI TIENE PREGUNTAS
COMUNIQUESE CON
JESSICA ABREU

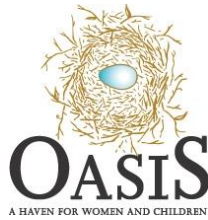
jabreu@paterson.k12.nj.us

REGISTRESE AQUI!!!

Cupo limitado

DIRECCIÓN: PS2, 22 PASSAIC STREET, PATERSON, NJ 07501

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**OASIS -A HAVEN FOR WOMEN AND CHILDREN
59 MILL STREET, PATERSON, NEW JERSEY 07501**



Michael Wagner After School Academy Grades K-7th

**\$200 per year
*4C eligible**

Program starts – September 12, 2022

***\$60 due at registration
(Monthly payments must be made starting September)**

Contact Megan McLaughlin After-School Coordinator at 201-245-0168

MeganMcLaughlin@oasisnj.org



ATTENTION PARENTS*

PRE-ALGEBRA

&

WRITERS WORKSHOP

GRADES 6,7,8

Saturday, September 17 – November 19
Oasis – 59 Mill Street - Paterson

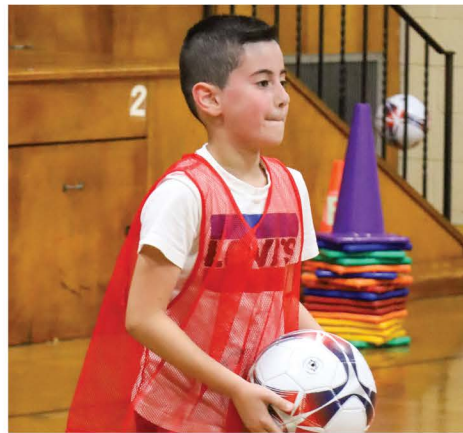
Pre-Algebra 10:00 am – 12:00 pm
Writers Workshop 12:00 pm – 2:00 pm

Sign up with Evelyn

evelyncuciti@oasisnj.org

973-881-8307 x 120

*Please bring your report card when registering



Fall 2022 Program Booklet



paccusa.org

388 Lakeview Ave Clifton, NJ 07011





The Choice Marketplace

The Choice Marketplace provides approximately 5 days of healthy groceries each month to clients. Clients can choose from fresh produce, frozen meat, and pantry staples. Appointment required.

Place of Promise

Place of Promise is a permanent supportive housing program that serves individuals experiencing chronic homelessness.

Regional Food Hub

The CUMAC warehouse sorts, stores, and distributes food donations to clients and our regional partners.

Benefits Enrollment Center (BEC)

CUMAC's BEC provides free help with benefits applications for adults aged 65+ and adults living with a disability residing in Passaic County.

CALL 973-742-5518 OR EMAIL INFO@CUMACECHO.ORG





El Mercado de CUMAC

El Mercado ofrece aproximadamente 5 días de alimentos saludables cada mes a los clientes. Los clientes pueden elegir entre productos frescos, carne congelada y productos básicos de la despensa. Se necesita una cita.

El Lugar de Promesa

El Lugar de Promesa es un programa de vivienda de apoyo permanente que sirve a las personas que experimentan una falta de vivienda crónica.

El Almacén de CUMAC

El Almacén de CUMAC clasifica, guarda y distribuye las donaciones de alimentos a los clientes y a nuestros socios regionales.

Centro de Inscripción de Beneficios

Centro de inscripción de beneficios de CUMAC brinda ayuda gratuita con las solicitudes de beneficios para adultos mayores de 65 años y adultos que viven con una discapacidad y que residen en el condado de Passaic.





St. Peter's
HAVEN
For the Hungry and Homeless

380 Clifton Avenue, Clifton, NJ 07011

973-546-3406

info@saintpetershaven.org

www.saintpetershaven.org

Saint Peter's Haven Food Pantry

St. Peter's Haven is Clifton's food pantry serving all those in need of food assistance. Clients receive a 5-day supply of groceries once a month including non-perishable groceries, bread, produce, meat and dairy. The pantry is open for distribution Wednesday, Thursday and Saturday from 9am – 12 noon.

A Primary Client Information form is required to be filed at the first visit. The form includes Contact information, Demographic Information and Qualifying Reason for Participation. To register for services please visit our pantry at 380 Clifton Avenue and bring the following documentation:

- **IDENTIFICATION:** Clients must provide one of the following as Identification: NJ Driver license or ID, County/City issued ID, Passport.
- **PROOF OF ADDRESS:** Clients must provide one of the following as proof of New Jersey residency: NJ driver license or ID, Mortgage Deed or Apartment Lease, Utility Bill, Benefit ID or Letter, etc.

Additional documents needed include:

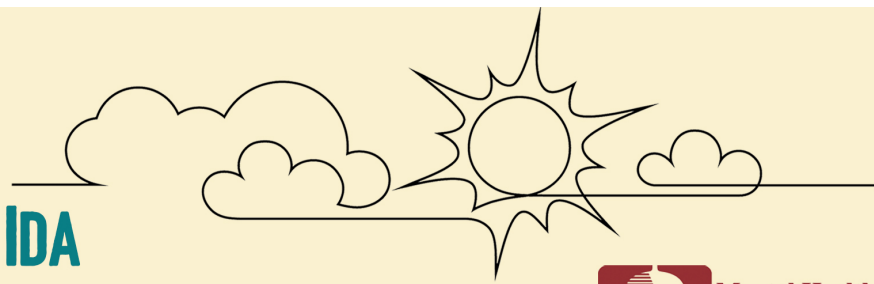
- **HOUSEHOLD:** Clients must show proof of each person that is in their household in order to add them to the account: Birth Certificate, Social Security Card, Passport, NJ Driver License or ID.
- **PET:** To receive cat or dog food you must provide documentation; Pet License or valid rabies vaccination certificate.



SUMMER 2022

VIRTUAL PROGRAMS FOR SURVIVORS OF HURRICANE IDA

brought to you by **NEW JERSEY HOPE AND HEALING**



Coping With Change - Mondays @ 5:30PM

Meeting ID: 899 0946 3741 Passcode: 430631 bit.ly/3B0dL9I

Stress Management - Wednesdays @ 5:00PM

Meeting ID: 899 0946 3741 Passcode: 430631 bit.ly/3B0dL9I

Parenting Support - Wednesdays @ 7:00PM

Meeting ID: 852 3222 2414 Passcode: Parents bit.ly/ParentsGroupNJ

Spanish-Speaking Group - Wednesdays @ 7:00PM

Meeting ID: 840 8542 4688 Passcode: 667906 bit.ly/grupoNJHH

Mindfulness Strategies - Fridays @ Noon

Meeting ID: 939 5831 8783 Passcode: 138625 bit.ly/MindfulnessNJ



**For Emotional Support,
Call 866.202.HELP (4357)**

8AM - 8PM, Daily

**Our call line is free,
anonymous, & available
7 days a week.**

Se habla español.



This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant.
For more information visit www.mhanj.org



****For more information on any of these programs, please contact jangelini@mhanj.org**

Techniques for Managing Stress and Anxiety

Here are some useful suggestions for coping with the stress and anxiety stemming from storms and flooding:

- Limit your exposure to graphic news stories
- Get accurate, timely information from credible sources
- Seek out and follow the experts' advice
- Educate yourself about the specific hazards
- Try to maintain your normal daily routine
- Exercise, eat well and rest
- Stay busy- physically and mentally
- Communicate with friends, family and supporters
- Use spirituality and your personal beliefs
- Keep a sense of humor
- Express yourself through writing, poetry, drawing, etc.
- Talk and share your feelings with others

Staying Connected

Often the best source of assistance in dealing with the emotional aspect of emergencies is found in each other. If you are anxious about the storm or flooding, talk to someone you love or trust. This may be a family member, friend, clergy member or teacher. Just don't keep your fears to yourself.

If you notice that a loved one, friend or co-worker's behavior has substantially changed, reach out and ask them how they are doing. Make some time to talk, when it is convenient for both of you, and follow up later on to see how they are doing. Watching out for each other demonstrates that you care and it can be comforting to both of you.



If you or someone that you know is having an acute emotional reaction that does not subside over the period of a few days, it may be best to seek the assistance of a medical or mental health professional.

Managing the Emotional Consequences of Storms and Flooding



Understanding the Impact and Strategies for Coping with Weather Emergencies



Division of Mental Health & Addiction Services
Disaster & Terrorism Branch

Toll Free Helpline
866-202-HELP (4357)

TTY Line
877-294-4356

Online at

<https://www.state.nj.us/humanservices/>

The Emotional Response to Storms and Flooding

No one who lives through a disaster is untouched by the experience. Like other disasters, severe storms and flooding can result in emotional distress, as well as property damage. Disasters can threaten our sense of control and safety, and can affect many aspects of our lives.

Disaster stress that is unrecognized or unmanaged can impact our physical and mental health. Dealing with the emotional consequences soon after a disaster can help reduce the possibility of long-term problems. Recognizing and handling stress can help you meet the challenges of recovering from a storm or flood and reclaiming your sense of control and security.

This brochure addresses the impact of storms and flooding, as well as strategies for coping. Remember that you don't have to go it alone! There are several services listed on this brochure that can assist you in managing the emotional consequences of these events. Please feel free to reach out to learn more about what behavioral healthcare services are available as your community recovers from the recent storm and flood.

Many Ways to React... Many Ways to Cope

It is important to remember that there is no one correct way to react emotionally to storms and floods. Not everyone reacts the same way, and in fact, you may react in a variety of different ways even in the course of the same day. Each person gets through the emotional challenges of a disaster in their own time and on their own terms.

The best predictor of how a person will react to a disaster is how they have reacted to other challenges in the past, and likewise, the best strategies for coping now are those strategies that have worked well in the past.

To help you best manage the emotions associated with the storm and flood, you should use the coping mechanisms that are familiar and comfortable for you. Other ideas for coping are explored in this brochure and can be discussed with the counselors and other caregivers.



Predicting and Preparing for Emotional Reactions

Not everyone will have an emotional reaction to the storms or floods. Those who do will react in their own unique way. Some of the more typical emotional reactions may include:

- Recurring dreams or nightmares about the storms or floods;
- Trouble concentrating or remembering things;
- Feeling numb, withdrawn or disconnected;
- Having bursts of anger or intense irritability;
- Persistent physical symptoms (i.e., headaches, digestive problems, muscle tension, etc.);
- Being overprotective of your family's safety;
- Avoiding reminders of the storm or flood;
- Being tearful or crying for no apparent reason

Advocacy

MHAPC is a force for social change spearheading reform and striving for freedom from stigma and prejudice on behalf of the mentally ill.

The Legislative Network is made up of volunteers who inform local elected officials about the impact of upcoming legislation on the local mental health community.

Education

MHAPC sponsors educational forums about mental health issues for the general public and human service professionals. A library of books, brochures, and other resource materials are available in our office.

Referral

Information and referral services are offered to those in need of community mental health services. Copies of the *MHAPC Guide to Mental Health Services in Passaic County* are available upon request.

Did you know? Mental Health Facts

- The American Medical Association describes mental illness as the nation's number one health problem. It sends more people to the hospital than cancer, lung and heart disease combined.
- More than 54 million Americans (1 in 5) have a mental disorder in a given year, but only 8 million (16%) seek treatment.
- Up to half of all visits to primary care physicians are due to conditions caused or aggravated by psychiatric or emotional problems.

Become Involved!!

Put your talents to work on a special project or volunteer in one of our programs.

The Mental Health Association in Passaic County is here to help.

Donate Today!!

Your tax deductible support helps MHAPC to continue our mission to support, educate and advocate on behalf of individuals and families in need.



404 Clifton Avenue, Clifton, NJ 07011
Phone (973) 478-4444 • Fax (973) 478-0941

www.mhapassaic.org

Mental Health Association in Passaic County



404 Clifton Avenue
Clifton, NJ 07011
Phone (973) 478-4444
Fax (973) 478-0941



www.mhapassaic.org

The Goals of the Mental Health Association...

The Mental Health Association in Passaic County (MHAPC) is a

local chapter of the Mental Health Association in New Jersey and our national organization Mental Health America.



Our mission is to serve children, adults and families affected by mental illness through support services, education and advocacy. We are dedicated to increasing public awareness and understanding of mental health issues and enhancing services in Passaic County.

MHAPC acts to ensure that every person in Passaic County with a mental illness receives prompt and appropriate treatment in the most therapeutic, least restrictive setting close to home.

MHAPC offers a wide range of services and programs.



OUR PROGRAMS...

Outpatient Counseling

The Outpatient Counseling Services provides comprehensive individual, couples, group and family therapy for adults, teenagers and children. Confidential, professional services are provided by licensed clinical professionals and supervised by a Board Certified Psychiatrist. We can help you with relationship issues, family conflict, couples issues, divorce, school or work issues, bereavement, behavioral issues with a child or teen, depression, anxiety, trauma and persistent mental illness. Services are available in English, Spanish and Arabic.



I.F.S.S. Intensive Family Support Services

Families with an adult mentally ill member can receive: Individualized consultation and support, educational workshops, support groups, and respite services.

Community Advocate Program

The Peer Outreach Support Team (P.O.S.T.) is made up of individuals with life experience with mental illness, who serve as mentors for other adults with mental illness living in the community. Individualized assistance is provided to develop social skills, educational, vocational and recreational interests.

C.P.S.N. Consumer Parent Support Network

Parents with a mental illness can receive case management services, one-to-one peer support from another consumer parent, parenting education workshops, advocacy, and ongoing parent support groups.



I.O.C. Involuntary Outpatient Commitment

IOC is court ordered mental health monitoring, intensive case management and treatment for mental health consumers who have been resistant to and have had difficulty engaging in outpatient treatment. The goals are to engage the mental health consumer in community based treatment and to avoid repeated hospitalizations.

Support Groups

Double Trouble in Recovery, (DTR) is a twelve-step fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problems and help others recover from addiction and mental illness.

Depression and Bipolar Support Alliance (DBSA) in Passaic County is an adult self-help group for individuals who have been diagnosed with a mood disorder. Friends and family are welcome to accompany their significant other.

Mental Health 24 hour Emergency Services
Servicios de Emergencia 24 horas de Salud Mental
 St Joseph's Hospital Mobile Outreach/Onsite Psychiatric Emergency Screening
 703 Main Street, Paterson (973) 754-2230

Hot Lines/Líneas de Apoyo

Info Line 211
 Passaic Cty. Women's Ctr. 24 hr. hot line (973)-881-1450
 CONTACT Morris-Passaic (973)-831-1870
 Strengthen Our Sisters, Wanaque (women's shelter) (973)-657-1357
 Child Abuse Hot Line (DCP&P) 1-877-652-2873
 Parent 24 Hr. Stress Line 1-800-843-5437
 NJ Mental Health Cares 1-866-202-4357
 Post-Partum Depression Hotline 1-800-328-3838
 National Alliance on Mental Illness 1-800-950-6264
 NJ Veterans Helpline-Mental Health Services 1-866-838-7654
 2nd Floor Youth Hotline 24 Hrs. (4-10pm Spanish) 1-888-222-2228
 Peer Recovery Warm-Line 1-877-292-5588 or 973-571-4100 ext. 251
 (Peer support for mental health consumers Mon- Fri 8am-10pm, weekends 5-10pm)

Mental Health Information and Referral/

Información de la Salud Mental y Referidos

Passaic County Div. of Human Serv. (Mental Health) (973)-881-2834
 NJ Mental Health Cares 1-866-202-4357
 First Call for Help (Mon-Fri-8:30-5pm) 1-800-435-7555
 Mental Health Association in Passaic County (973)-478-4444
 Self Help Group Clearinghouse 1-800-367-6274
 National Alliance on Mental Illness 1-800-950-6264

Hospital In-Patient/ Hospitalización

Voluntary Admissions/ Internamientos Voluntarios

St. Joseph's Hospital
 703 Main St. Paterson (Regan 2) (973) 754-3295

Involuntary Admissions/Admisión involuntaria

Clara Maass Hospital,
 1 Clara Maass Dr. Belleville, NJ (973) 450-2111
 Essex Cty. Hospital Ctr.
 204 Grove Avenue. Cedar Grove, NJ (973) 571-2800
 Greystone Park Psych. Hosp.
 59 Koch Avenue Morris Plains, NJ (973) 538-1800
 Bergen Reg. Medical Ctr.
 230 E. Ridgewood Avenue Paramus, NJ 1-800-730-2762

Case Management/Manejo de Casos

Integrated Case Management. Services
 530 Main St. Passaic (973) 470-3142
 PACT (Program for Assertive Comm. Treatment)
 13 Fairfield Ave Little Falls, NJ (973) 638-1120 or (973) 638-1113
 PATH Program
 645 Main Street, Paterson NJ (Homeless Mentally ill) (973) 754-4747
 Bridge Program (17-24 yrs. Old)
 401 Grand St. Paterson, NJ (973) 225-3188

Partial Hospitalization – Day Treatment/

Hospitalización Parcial - Tratamiento de Día

Aspirations Day Treatment
 373D Route 46 W Ste 110, Fairfield (973) 325-1200
 St Joseph's Partial Care (Harbor House)
 645 Main Street, Paterson (973) 754-2800
 Medallion Care Behavioral Health
 470 Colfax Avenue, Clifton (973) 473-2343
 New Bridge Services
 1259 Rt 46 East Bldg 2, Ste.100C., Parsippany, NJ (973) 939-2400
 640 Newark Pompton Tpke, Pompton Lakes, NJ (973) 839-2520
 St. Mary's Behavioral Health@ Seton Center
 530 Main Avenue, Passaic, NJ (973) 470-3056
 Adult Family Health Serv.
 53 Orchard St. Clifton, NJ (973) 773-7600
 SERV Ctrs. of NJ, Inc. ADAPT Day Program (973) 594-0125

Outpatient Counseling/Adults and Families/

Consultas/Terapias de Adultos y Familias

ACCESS (Deaf & Hard of Hearing)
 621 Main Street, Paterson, NJ (973)-754-5595
 Catholic Charities Catholic Family & Community Services
 24 DeGrasse St., Paterson, NJ (973) 279-7100
 Christian Counseling Center
 352 Clifton Avenue, Clifton, NJ (973) 365-2125
 Counseling & Wellness Ctr of W. Milford
 1592B Union Valley Rd. W. Milford NJ (973) 657-1222
 Jewish Family and Children Service of:
 Clifton/Passaic, 925 Allwood Road, Clifton, NJ (973) 777-7638
 North Jersey, 1 Pike Drive, Wayne, NJ (973) 595-0111
 M&S Psychotherapy & Counseling
 1157 Main Avenue, Clifton, NJ (973) 341-9869
 Mental Health Association in Passaic County (MHAPC)
 404 Clifton Avenue, Clifton, NJ Late Night on Mondays until 8pm (973) 478-4444
 Mental Health Clinic of Passaic
 111 Lexington Avenue, Passaic, NJ (973) 471-8006
 124 Gregory Avenue Unit 202, Passaic, NJ (973-928-7244)
 1451 Van Houten Avenue, Clifton, NJ ext. 102 (973) 473-2775
 New Bridge Services
 1069 Ringwood Ave. Ste. 202, Haskell, NJ (973) 728-3938
 1259 Rt 46 East Bldg 2, Ste.100A., Parsippany, NJ (973) 935-0666
 P.O.W.E.R short term intensive treatment for adults in acute need
 24 hour access. 530 Main Avenue Passaic, NJ (973) 470-3100
 Options Counseling Center
 9 West Broadway, Paterson, NJ (973) 345-1883
 Pathways Counseling Center
 16 Pompton Avenue, Pompton Lakes, NJ (973) 835-6337
 SERV-Clifton Behavioral Health Care
 777 Bloomfield Avenue, Clifton, NJ (973) 594-0125
 St. Mary's Behavioral Health@ Seton Center
 530 Main Avenue, Passaic, NJ (973) 470-3056
 St. Joseph's Hospital Mental Health Clinic
 641 Main Street Paterson, NJ Walk in Mon 1-4 Fri 9-4, Child Tue 1-4 (973) 754-4750
 Wayne Counseling and Family Services
 1022 Hamburg Tpke, Wayne, NJ (973) 694-1234
 Counseling for Veterans and Families (Vet Center)
 2 Broad St. Suite 703, Bloomfield, NJ (973) 748-0980

Alcoholism & Drug Abuse/Abuso de Alcohol y Drogas

Damon House
 175 Market Street, Paterson NJ (973) 279-5563
 Eva's Village
 393 Main St, Paterson NJ (973) 523-6220
 New Bridge Services
 11069 Ringwood Ave. Ste. 202, Haskell, NJ (973) 728-3938
 1259 Rt 46 East Bldg 2, Ste.100A., Parsippany, NJ (973) 935-0666
 New Life Recovery Center
 1810 Macopin Rd., West Milford, NJ (973) 728-7788
 Northeast Life Skills
 121 Howe Avenue, Passaic, NJ (973) 777-2962
 Options Counseling Center (also offer anger management)
 9 West Broadway, Paterson, NJ (973) 345-1883
 Paterson Counseling Center Inc.
 319-321 Main St Paterson NJ (973) 523-8316
 Passaic Alliance
 286 Passaic St, Passaic NJ (973) 365-5740
 Straight & Narrow
 508 Straight St, Paterson NJ (973) 345-6000
 Turning Point
 Barnert Medical Arts Complex, 680 Broadway, Paterson NJ (973) 239-9400
 Wayne Counseling
 1022 Hamburg Turnpike, Wayne NJ (973) 694-1234

Transitional/Supervised Housing

Vivienda de Transición Supervisada

Advance Housing Inc. (18-24 yrs old) (201) 498-9140
 Resources for Human Dev.
 2 Andrews Drive, Woodland Park, NJ (973) 837-9500
 S.T.E.P. (crisis stabilization housing) 293 Passaic St. Passaic, NJ (973)-471-6907
 Collaborative Support Programs (CSP)
 4 Brighton Road Suite# 206, Clifton, NJ (973) 340-2346
 St. Joseph's Residential Services (ACCESS)
 160 Market Street, Paterson, NJ (973) 754-4685
 New Bridge Services
 7 Industrial Rd., 3rd Floor, Pequannock, NJ (973) 839-2520
 SERV Passaic
 777 Bloomfield Ave Clifton, NJ (973) 594-0125
 St. Mary's Adult Residential Services
 293 Passaic Street, Passaic, NJ (973) 778-9628
 NJ Com. Dev. Corp (17 yrs. Old & up) (973) 413-1600

Self-Help/Centros de Autoayuda

NAMI Families in Quest-Passaic County (732)-940-0991
 Our House (Self Help Center)
 750 Broadway, Paterson, NJ (973) 553-1101
 Social Connections (Self Help Center)
 516 Hamburg Tpk Suite 1, Wayne, NJ (973) 778-8810
 DIAL Inc. - CIL (Persons with disabilities) (973) 470-8090
 Association for Special Children (973) 728-8744
 NJ Self-Help Clearing House (Run by NJ MentalHealthCares) 1-800-367-6274
 (State-wide listings of all self-help groups including coping with specific illnesses)
 "Double Trouble" Support Group (MHAPC)
 (Mental illness & substance abuse) (973) 478-4444
 Depression, Bi-polar Support Group (MHAPC) (973) 478-4444

Children's Services/Servicios de Menores de Edad

SERV-Clifton Behavioral Health Care
 777 Bloomfield Ave., Clifton, NJ (973) 594-0125
 Mental Health Clinic of Passaic
 Ida Gurtman Therapeutic Children's Program (ages 3-6) (973) 473-2775
 1451 Van Houten Avenue, Clifton, NJ (Clifton & Paterson Residents) (973) 777-1403
 35 Orange Avenue, Clifton, NJ (Passaic Residents only) (973) 471-8006
 Family Center - 111 Lexington Avenue, Passaic, NJ (973) 471-8006
 Children's Outreach, Home Visiting, Advocacy Program
 1451 Van Houten Avenue, Clifton, NJ (973) 473-2775
 After School Partial Care (6-11).
 1451 Van Houten Avenue, Clifton, NJ (973) 473-2775
 M&S Psychotherapy & Counseling
 1157 Main Avenue, Clifton, NJ (973) 341-9869
 New Bridge Services
 1069 Ringwood Ave. Ste. 202, Haskell, NJ (973) 728-3938
 1259 Rt 46 East Bldg 2, Ste.100A., Parsippany, NJ (973) 935-0666
 School Based Youth Services
 185 Paulison Ave., Passaic, NJ (973) 473-2408
 St Joseph's Mental Health Clinic
 56 Hamilton Street, Paterson, NJ (973) 754-4750
 St. Mary's Hospital @ Seton Center
 Adolescent/Partial Care-Youth Action Program-
 530 Main Avenue Passaic, NJ (973) 470-3056
 Jewish Family and Children Services
 Clifton Office, 925 Allwood Rd. Clifton, NJ (973) 777-7638
 1 Pike Drive, Wayne, NJ (973) 595-0111
 Options Counseling Center (12-18)
 9 West Broadway, Paterson, NJ (973) 345-1883
 PerformCare –N.J. Child Behavioral Health Services
 (in-home, outpatient, residential, mobile outreach) (1-877)-652-7624

Children's Inpatient/ Hospitalización de Menores de Edad

St. Clare's Hospital,
 130 Powerville Rd., Boonton, NJ (ages 5-17) (973) 316-1982
 Holy Center
 Fisher Hall 260 Union Street Hackensack, NJ (201) 343-8803

Children's Residential/Residencias de Menores de Edad

St. Mary's Adolescent Residence (ages 11-17)
 33 Mineral Springs Ave., Passaic, NJ (973) 773-3005

Services for Families/Servicios para Familias

Center for Family Resources
 12 Morris Road, Ringwood, NJ (973) 962-0055
 Child Care Coordinating Council (4 C's)
 2 Market St., Paterson, NJ (973) 684-1904
 Planned Parenthood
 680 Broadway Paterson, NJ (973) 345-3883
 750 Hamburg Tpke., Pompton Lakes, NJ (973) 839-2363
 NJ Department of Children & Families (DCF)
 100 Hamilton Plaza, 11th fl., Paterson, NJ (973) 523-6090
 22 Mill Street, 3rd fl., Paterson, NJ (973) 977-4525

Continued... Services for Families/Servicios para Familias

Family Intervention Services

655 Broadway, Paterson, NJ (973) 523-0089
Straight & Narrow Family Success Ctr.
101 Cedar St., Paterson, NJ (973) 333-6240
Highlands Family Success Center
1546 Union Valley Rd, West Milford, NJ (973) 506-6575
New Destiny Family Success Center
79 Ellison St. Paterson NJ (973) 278-0220
Family Support Org-
3 Garret Mt. Plaza 2nf fl Ste 204, Woodland Park, NJ (973) 427-0100
Consumer Parent Support Network (support for parents with mental illness)
404 Clifton Ave. Clifton NJ (973) 478-4444
Intensive Family Support Services
404 Clifton Ave. Clifton NJ (973) 478-4444

Employment/Empleo

Supported Employment

645 Main Street Paterson NJ (973) 754-8607
NJ Division of Vocational Rehabilitation
370 Broadway, Paterson, NJ ext. 3 (973) 742- 9226
One Stop Career Center (Also unemployment)
200 Memorial Drive, Paterson NJ (973) 340-3400

Justice Involved Services/Servicios Legales

Community Health Law Project
650 Bloomfield Ave. Ste.210 Bloomfield NJ (973) 680-5599
NJ Protection & Advocacy, Inc.
210 South. Broad St. 3rd Floor, Trenton, NJ (800) 922-7233
Northeast NJ Legal Services Corp.
152 Market Street, Paterson, NJ (973) 523-2900
St. Mary's Behavioral Health@ Seton Center-Justice Involved Services
530 Main Avenue, Passaic, NJ (973) 470-3390
Hispanic Info. Center of Passaic
186 Gregory Ave. Passaic, NJ (973) 779-7022
Prosecutor's Office/ Information & Advocacy for Crime Victims
(973) 881-4887

Financial Aid/Ayuda Financiera

Passaic County Board of Social Services
80 Hamilton Street, Paterson, NJ (973) 881-0100
1237 Ringwood Ave. Haskell, NJ (973) 839-5705
114 Prospect Street, Passaic, NJ (973) 470-5038
Food Stamps- 80 Hamilton St. Paterson, NJ
(973) 881-2567
Medicaid- 80 Hamilton St., Paterson, NJ
(973) 881-0100
Social Security
935 Allwood Road, 3rd Floor Clifton, NJ 1-800-772-1213
PAAD Pharmaceutical Assistance Program
P.O. Box 715 Trenton, NJ 1-800-792-9745
Affordable Care Act 1-800-318-2596

Emergency Housing/Vivienda de Emergencia

Eva's Village
393 Main Street, Paterson, NJ (973) 523-6220
Catholic Charities
24 De Grassi St Paterson NJ ext. 20 (973) 279-7100
Hispanic Multi-Purpose Service Center - (S.W.I.T.C.H)
(Shelter program for single mothers ages 18-24)
911 E. 23rd St., Paterson, NJ (973) 684-3320
Passaic County Women's Center (Victims of Domestic Violence)
(973) 881-1450
Strengthen Our Sisters
(Homeless/battered women & children, single pregnant women & teens)
PATH Program (Case management to find shelter for homeless/mentally ill)
645 Main Street, Paterson NJ (973) 754-4747
St. Paul's Emergency Men's Shelter
456 Van Houten Avenue, Paterson, NJ ext. 421 (973) 710-3900
Wellness Respite Services (10-day stay maximum)
7 Bernard Avenue, Haledon, NJ (862) 239-9896

Emergency Food Services/ Servicios de alimentos de emergencia

St. Peters Haven
380 Clifton Ave., Clifton, NJ (973) 546-3406
CUMAC Food Pantry
223 Ellison, Paterson, NJ (973) 742-5518
Eva's Kitchen
393 Main Street, Paterson, NJ (973) 523-6220
United Passaic Organization (UPO) – Food Pantry Tue & Thur 9:30-2:30
112 Washington Place, Passaic, NJ (973) 472-3611
Emergency Food Coalition of Passaic County
435 Main Paterson, NJ (973) 881-0745

Services for the Developmentally Disabled/ Servicios para Discapacidad del Desarrollo

NJ Division of Developmental Disabilities
Regional Office, 100 Hamilton Plaza, 7th fl. Paterson, NJ (973) 977-4004
Assoc. for Special Children & Families
2019G Greenwood Lake Turnpike., Hewitt, NJ (973) 728-8744
The Arc of Bergen & Passaic
223 Moore Street, Hackensack, NJ (201) 343-0322
Spectrum for Living
210 Rivervale Road, Suite 3, River Vale, NJ (201) 358-8000
NJ Community Development Corp.
32 Spruce St. Paterson, NJ (973) 413-1600

Home Health Care/ Cuidado de Salud en el Hogar

Hospice of New Jersey.
400 Broadacres Drive, 1st Floor, Bloomfield NJ (973) 893-0818
Visiting Health Services of New Jersey Inc.- Passaic Valley Hospice
783 Riverview Drive, Totowa, NJ (973) 256-4636
Home Care Options
2 Market Street 2nd fl, Paterson, NJ (973) 523-1224
Visiting Angels
2190 Hamburg Turnpike. Wayne, NJ (973) 839-3761

Services to the Elderly/ Servicios para Ancianos

Passaic County Dept. of Senior, Disability Services & Veteran Affairs
930 Riverview Drive Ste 200, Totowa, NJ (973) 569-4060
New Bridge SAIL (Senior Asst. for Independent Living)
(973) 839-2520
Mar-Del Manor
997 Ringwood Ave. Haskell, NJ (973) 839-4285
Preakness Health Care Center
305 Oldham Rd. Wayne, NJ (973) 317-7023
Adult Protective Services
80 Hamilton Street, Paterson, NJ (973) 881-2616

Mental Health Association in Passaic County provides the following services:

Asociación de Salud Mental en el Condado de Passaic provee estos servicios:

Advocacy/Aboga

Legislative Network: Citizens and consumers volunteers analyzing services, educating elected officials about issues, recommending improvements.

Education/Educación

Materials: Films, pamphlets, speakers on mental health topics.
Materiales: Películas, folletos, presentadores de temas sobre la salud mental.
Information and referral: For people seeking appropriate services for mental health problems.

Información y referencia: Para las personas que buscan servicios apropiados para los problemas de salud mental.

Support/Apoyo

Outpatient Counseling Services: Services provides comprehensive individual, couples, group and family therapy for adults, teenagers and children. Confidential, professional services are provided by licensed clinical professionals and supervised by a Board Certified Psychiatrist. We can help you with relationship issues, family conflict, couples issues, divorce, school or work issues, bereavement, behavioral issues with a child or teen, depression, anxiety, trauma and persistent mental illness. Services are available in *English, Spanish and Arabic*

Consumer Parent Support Network: Support services for parents with a diagnosis of mental illness in their parenting efforts and to promote healthy functioning of their families.

La Red de Apoyo para los padres: servicios de apoyo para los padres con un diagnóstico de enfermedad mental en sus esfuerzos de crianza de los hijos para promover el funcionamiento saludable de sus familias.

Community Advocate Program/POST: One-on-one support services to adults recovering from mental illness, and to persons at risk of hospitalization.

Comunidad/POST: Uno-a-uno servicios de apoyo a los adultos recuperandose de enfermedades mentales, y a las personas que corren el riesgo de hospitalización.

Self-help: Free support groups for family members and mental health consumers.
La auto-ayuda: grupos de apoyo para los miembros de la familia y los usuarios de los servicios de salud mental.

Intensive Family Support Services: In-home consultation and support, educational programs and training, support groups and respite for families with a mentally ill adult.

Servicios Intensivos de Apoyo Familiar: Consultas en su casa y apoyo, programas educativos y de capacitación, grupos de apoyo y respiro a las familias con un enfermo mental adulto

Involuntary Outpatient Commitment: Provides court ordered mental health monitoring, intensive case management and assistance to mental health consumers who have been resistant to and have had difficulty engaging in outpatient treatment.

Tratamiento Involuntario Ambulatorio: Ofrece vigilancia de la salud mental ordenada por un tribunal, manejo intensivo de casos y asistencia a los consumidores de salud mental que han sido resistentes a y han tenido dificultad para participar en el tratamiento ambulatorio.

GUIDE TO MENTAL HEALTH SERVICES IN PASSAIC COUNTY



MENTAL HEALTH ASSOCIATION IN PASSAIC COUNTY
404 CLIFTON AVENUE, CLIFTON, NJ 07011
(973) 478-4444

WWW.MHAPASSAIC.ORG

Revised 11/18/17



Centers of New Jersey

SERV Centers of New Jersey, Inc. was founded in 1974. We provide residential, outpatient, and community-based partial care services for adults with mental illness and treatment for substances use disorders for adults. We also operate *Partners in Wellness*, a Certified Community Behavioral Health Clinic (CCBHC). *Partners in Wellness* provides integrated care to meet the behavioral and physical health needs of the community.

The people we serve are members of your family, friends, and neighbors. We empower individuals to thrive in the community, maintain regular work, or further their education while coping with challenges.

SERV Centers of New Jersey, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



Behavioral Health System, Inc.

SERV Behavioral Health System, Inc. is a private, not-for-profit behavioral healthcare organization that helps people with mental illness, substance use disorder, and intellectual or developmental disabilities. We transform lives through compassionate care and empower people to embrace their full potential.

Please visit our website for more information about SERV's outpatient services and our other programs in New Jersey.

servbhs.org

A division of

SERV Behavioral Health System

1-833-CAN-SERV

Se habla Español



Centers of New Jersey

Clifton Community Behavioral Health Clinic

777 Bloomfield Ave., Clifton, NJ 07012

973-594-0125

ACCESSIBLE BY BUS:

NJ TRANSIT #709

OUR OFFICE IS
WHEELCHAIR ACCESSIBLE



HELP FOR LIFE'S CHALLENGES

The path to recovery is not the same for everyone. SERV Centers of New Jersey's Clifton Behavioral Health Clinic provides integrated care for adults with behavioral health, substance use, and physical health needs. Our staff supports each individual's recovery and helps them enhance their quality of life by working in partnership with them to develop and reach their recovery goals.

CLINICAL EXCELLENCE

Language and cultural barriers make it hard for some people to seek care. That is why we are proud to have a diverse clinical team that can offer bilingual care. We also offer translation services in many different languages.

Each consumer receives support from well-trained staff who can assist them at any stage in their recovery. Our team of caring professionals includes a licensed medical director, board-certified psychiatrists, APNs, master's-level and state-licensed clinicians, certified peer support specialists, and nursing staff.

WHAT IS INTEGRATED CARE?

Integrated care takes into account the health of the whole person. We coordinate an individual's behavioral health and physical health needs and collaborate with the individual and their loved ones to support their recovery.

OUR SERVICES INCLUDE:

- Individual and family therapy
- Group therapy for adults
- Psychiatry services for individuals 16 and older
- Ambulatory withdrawal from opiates
- Intensive outpatient services for substance use disorders
- Outpatient and early intervention treatment for substance use disorders
- ADAPT partial care day program for adults with a severe mental health diagnosis

ON-SITE PHARMACY SERVICES

We offer on-site pharmacy services through Rapps Pharmacy LLC.

We are able can conduct some of our outpatient and CCBHC services via telehealth.

For more information, please call our office at: **973-594-0125**

ACCESS TO CARE

We work with our consumers to connect them with the right services and make care affordable.

We accept:

- **Private Insurance**
- **Medicaid**
- **Medicare**

Those who do not have insurance and are not eligible for Medicaid may apply for financial assistance.

We accept referrals from hospitals, providers, and other community-based programs and supports. Individuals can also contact our office to speak with one of our admissions coordinators by dialing: **973-594-0125**.

Appointments for outpatient, CCBHC, and substance use disorder treatment are available.

- Monday through Thursday 9:00 a.m. to 9:00 p.m.
- Friday: 8:30 a.m. to 4:30 p.m.
- Saturday: 9:00 a.m. to 4:00 p.m.
- Detox for opioid use disorder is open seven days a week by appointment.

Adult Partial Care is available Monday through Friday, 9:00 a.m. through 3:30 p.m.



NJAMHAA

2019 NJAMHAA Outstanding Provider of the Year



INTENSIVE OUTPATIENT PROGRAM AT BLUECREST RECOVERY CENTER



RECOVERING THE MIND, BODY & SPIRIT

AT BLUECREST RECOVERY CENTER
OUR INTENSIVE OUTPATIENT PROGRAM REMOVES
COMMON OBSTACLES TO RECOVERY. CLIENTS
CONTINUE WITH DAILY COMMITMENTS, LIKE
WORK & SCHOOL, EMPOWERED TO BEGIN A NEW
CHAPTER—THE MAKINGS OF A NEW STORY.

HAS *family, work, OR school* PREVENTED
YOU FROM *seeking help* FOR
DRUG OR ALCOHOL *addiction*

A CLEAR PATH TO RECOVERY—WITH FREEDOM TO LIVE AT HOME & ATTEND WORK OR SCHOOL.

From intervention to post care, the level of passion BlueCrest has for helping people is amazing. They went ABOVE & BEYOND for my family. — Christina R.

**EFFECTIVE TREATMENT & SUPPORT
CRITICAL TO LONG-TERM SOBRIETY**

BlueCrest Recovery Center isn't only a rehab where you can come and stay for 30, 60 or 90 days, we also offer substance abuse treatment options close to home, school and work. Our approach focuses on the three essential elements of recovery—Mind, Body & Spirit. Our programs are centered around treating the individual and family as a whole. Daytime and evening outpatient treatment hours, a discreet location and easy access from most Northern New Jersey counties, BlueCrest is the optimum choice for professionals, parents, and students ready to start their path to recovery.

ABOUT BLUECREST RECOVERY CENTER

Located in Woodland Park, NJ, we help transform the lives of those living with addiction. Our compassionate clinicians provide comprehensive, quality care to empower clients and provide them with the resources needed for long-term, meaningful recovery. BlueCrest has a full staff of Licensed and Board Certified Psychiatrist, Master's Level Licensed Therapists, and Certified Drug and Alcohol Counselors.

*MOST INSURANCE ACCEPTED / PRIVATE, DISCREET LOCATION
We offer assistance for disability, court-mandated clients or those with open DCP&P cases.*

Proudly Serving the Counties of Northern New Jersey. Transportation Based on Availability

Start Rebuilding Today. Call 973.298.5776



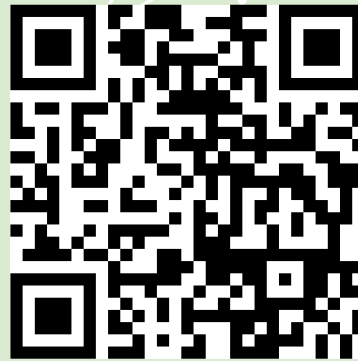
bluecrestrc.com

Nutrition at the Hand of Everyone

LEARN HOW

Currently Accepting

- Medicare
- Cigna
- Clover
- HBCBS
- Aetna (commercial)
- Aetna
(Medicaid/Medicare)
- United Healthcare
(commercial)
- 1199 SEIU



**Schedule your
appointment**

1day@atime Nutrition Counseling

1412 Main Avenue

Clifton, NJ 07011

Tel: 973-836-3717

Fax: 973-767-1755



1day@atime Nutrition Counseling

I can help patients achieve optimal nutrition without giving up their favorite foods by providing a personalized plan



1DAY@ATIME



Nutrition Counseling

INTRODUCTION

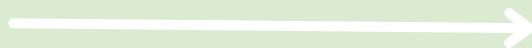
1day@atime Nutrition Counseling provides nutrition consulting services for different diseases including obesity, diabetes, fatty liver disease as well as optimal nutrition for good health. Paulina Beristain, the dietitian helps patients achieve their nutrition goals by providing a personalized nutrition plan based on their busy schedule

OBJECTIVES

1. Help patients achieve weight-loss. Especially those dealing with unsuccessful weight loss attempts
2. Improve blood glucose levels for patients with uncontrolled diabetes
3. optimize nutrition
4. Improve Fatty Liver



1DAY@ATIME



Nutrition Counseling

We know that adopting a new eating pattern is not easy. For this reason, taking one day at a time is important.

@1dayatime.nutrition



1dayatimenutrition@gmail.com

www.1dayatimenutrition.com

Meet The Dietitian



Paulina Deisy Beristain is passionate in helping others achieve their best. She graduated from Rutgers University with a degree of B.S in the field of nutrition. Currently working at University Hospital in Newark, NJ as the outpatient dietitian intervening nutritionally for different diseases such as obesity, diabetes, hypertension, hyperlipidemia, bariatric patients, weight management, fatty liver disease, etc. In addition, Paulina has over 10 years of experience in the field of nutrition.



City of Clifton Satellite Office

Contact Us



207 Parker Ave
Clifton, NJ 07011



973-265-1533



covidresponse@cliftonnj.org



www.cliftonnj.org



Oficina Satélite de la Ciudad de Clifton

Contactenos



207 Parker Ave
Clifton, NJ 07011



973-265-1533



covidresponse@cliftonnj.org



www.cliftonnj.org

973-265-1533



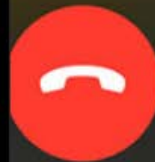
Clifton Health Department
Public Health
Prevent. Promote. Protect.



Remind Me



Message



Decline



Accept



Parent Guide to Reading:

A Menu to Create a Family of Lifelong Readers

Step 1: Prepare to read aloud with your family

- Have your child choose a book or together choose one that will be interesting to both of you; if you are able, read the book to yourself before you read it with your child.
- Choose a time and place to read and make this a part of your daily routine

Step 2: Ask questions before you begin reading the book

- Based on the title, what do you think this story is going to be about?
- Based on the picture on the cover, what do you think the story is going to be about?

Step 3: Make the story interesting with your own voice

- Show excitement in your voice and read with expression (Pay attention to bold, underlined or words with ! or ?)
- Stop occasionally and ask your child questions about what you are reading
- Use the sample questions in this guide

Step 4: Ask questions during the reading

- What do you think is going to happen next?
- Why do you think that character just did what he or she did?
- Have you ever felt what this character is feeling?
- What is this? (Point to something in the picture)
- Can you tell me in your own words what we just read?

Step 5: Ask questions after reading

- Can you retell this story in your own words?
- What did you learn from this book?
- Who was your favorite character? Why?
- What was your favorite part? Why?
- Do you have any questions about this story? What are they?
- If you were the author, would you have ended the story the same way? Why/why not?
- Does this story remind you of something we have done? Explain.
- Does this story remind you of something that has happened to you or someone you know?

Thank you for reading!

From all of us here at Rider University
School of Education

[http://www.rider.edu/academics/colleges-schools/
college-liberal-arts-education-sciences/school-of-
education](http://www.rider.edu/academics/colleges-schools/college-liberal-arts-education-sciences/school-of-education)



School of Education

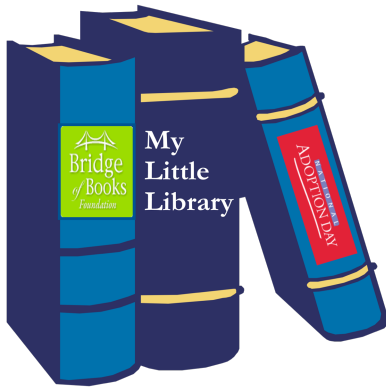
Tips For Creating Lifelong Readers

Enjoy this special time with your child.
Make a commitment to read every day.

Try reading different types of books (both fiction and non-fiction).

Let your child see you reading.

Your child will see that reading is something YOU like to do!



Guía de Leer Para Padres

Un Menú Para Crear Una Familia de Leedores Para Toda La Vida

Paso 1: Prepárate para leer en voz alta con tu familia

- Deja que to hijo(a) escoja un libro, o juntos escojan uno que sea interesante a los dos; si puedes, lee el libro tu antes de leerlo con él/ella.
- Escoge un tiempo y lugar para leer, y hazlo parte de tu rutina diaria.

Paso 2: Haz preguntas antes de empezar a leer el libro

- ¿Basado en el título del libro, de que crees que se tratara esta historia?
- ¿Basado en la portada del libro, de que crees que se tratara esta historia?

Paso 3: Haz la historia mas interesante con tu voz

- Demuestra emoción con tu voz y lee con expresión (prestando mucha atención a palabras **audaces**, subrayadas y palabras con ! or ?)
- Para ocasionalmente y pregúntale acerca de lo que están leyendo.
- Usa las preguntas ejemplares de esta guía.

Paso 4: Has Preguntas en lo que lees, como:

- ¿Que crees que pasara ahora?
- ¿Por qué crees que el personaje hizo lo que hizo?
- ¿Alguna vez sentido lo que siente el personaje?
- ¿Que es esto? (señala alguna imagen en el libro)
- ¿En tus probias palabras, que acabamos de leer?

Paso 5: Haz preguntas despues de ler, como:

- ¿Me puedes contar esta historia un tus propias palabras?
- ¿Qué aprendiste de este libro?
- ¿Quién es tu personaje favorito de esta historia? ¿Y por qué?
- ¿Cuál fue ty parte favorito de esta historia? ¿Y por qué?
- ¿Tienes alguna pregunta sobre esta historia?
- ¿Si tú fueras el autor, la terminarías de la misma manera? Por qué si, or por qué no?
- ¿Lo que ocurre en esta historia te recuerda de algo que hemos hecho? Cuéntame!
- ¿Lo que ocurre en esta historia te recuerda de algo que te haya pasado a ti, o a alguien que conoces? Cuéntame!

Gracias por leer! De parte de todos en el Departamento de Educación de Rider University

<http://www.rider.edu/academics/colleges-schools/college-liberal-arts-education-sciences/school-of-education>



School of Education

Tips For Creating Lifelong Readers

Disfruta de este tiempo con tu hijo/(a).

Haz el compromiso de leer todos los días.

Trata de leer diferentes tipos de libros (ficción y no ficción)

Deja que tu hijo(a) te vea leer.

Él/Ella se dará cuenta que leer es algo que a TI te gusta!

www.cliftonpl.org

Main Memorial Library
292 Piaget Ave
973-772-5500
973-772-5501

Allwood Branch
44 Lyall Road
973-471-0555

**What can
your library
card do for
you?**

Sign up for a library card at the Clifton Public Library

**With your Clifton
library card you can
borrow museum
passes, Internet
hotspots and iPads for
medical
appointments.**

**Borrow digital materials
through Libby and hoopla.
Research your genealogy
using the Ancestry database.
Learn a new language with
Pronunciator.**

**Attend Children, Teen,
and Adult programs
held throughout the
year.**

**September is
Library Card
Sign-Up Month**



*Let your imagination
sing at the library.*



**Clifton
PUBLIC LIBRARY**

Regular Programs in the Children's Room

- Story time for children all ages
- Music and Movement
- Evening Programs
- Take home crafts
- STEM for kids
- Girls Who Code
- Special Programs for Holidays
- Gardening
- Book Club
- Performers Shows
- Summer Reading programs

CHILDREN'S ROOM

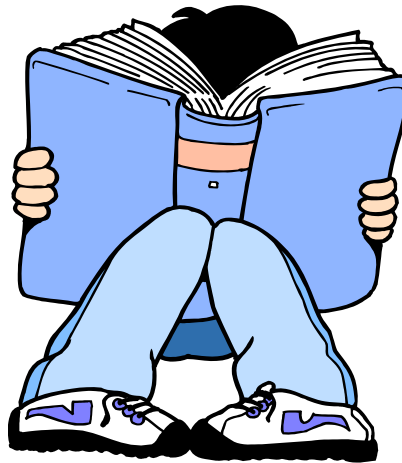
Main Library Hours: Allwood Library Hours :

Mon.-Thur. 10:00 - 9:00. Mon.-Wed. 10:00-9:00.

Fri. 10:00 - 6:00 Thurs. & Fri. 10:00-6:00

Sat. 9:00 - 5:00 *Sat. 10:00-5:00

*Closed Saturday during
July & August



CHILDREN'S ROOM



Clifton Public Library

292 Piaget Ave.

Clifton, NJ 07011

Ph. 973-772-5500

Allwood Public Library

44 Lyall Rd.

Clifton, NJ 07012

Ph. 973-471-0555

www.cliftonpl.org

DID YOU KNOW THAT...

- Library cards are free for Clifton residents?
- With a library card you have access to many different services?
- The library is the place in your community to get the information you need to improve your everyday life?



CHILDREN'S ROOM SERVICES

- Book and magazine loans
- Movie /DVD and Music CD loans
- Audio Book loans
- Hoopla, OverDrive, RB Digital collections
- Internet and Databases



- Educational Computer Games
- Reader's Advisory
- Regular and Special Programs
- Programs for children all ages!



LIBRARY CARD HOW TO GET IT...

As soon as your child is able to write his or her name, you (the parent/legal guardian) will accompany them to the library and fill out a form. You will need to provide proof of residence in Clifton. See our website for examples.:



<https://cliftonpl.org/joining-the-library/>

We also recommend that parents sign up for a library card.



PIK
PREVENTION IS KEY
INCORPORATED
Every Person, Every Day



PEER Youth Mentoring

Meet New People & Have Fun!

Looking for a place to **drop-in after school**, play giant connect-4, and **have a snack**? A place to **connect with a mentor**, try new things, and **share ideas**? A **safe place** where, in a group or individually, people respect, listen and challenge each other?

PEER Youth Mentoring is the group for you! This group supports 11-17 year-olds in Morris and Passaic Counties who have been affected by substance use. It doesn't matter if you have struggled with this disorder or if you have seen a loved one struggle; all are welcome!

Our PEER mentors are excited to meet you and to be able to support you in any way that you need. Socially, academically, or personally, we are here to help!



TO GET INVOLVED, CONTACT MEGAN SOUTER
MSOUTER@MCPIK.ORG



SCAN ME





PIK
PREVENTION IS KEY
INCORPORATED
Every Person, Every Day



PEER Youth Mentoring

Pursuing Engaging & Empathetic Relationships

Do you have a student that you feel could benefit from support from a caring and compassionate mentor?

Prevention is Key's PEER Youth Mentoring Program (Pursuing Engaging & Empathetic Relationships) is here to help. PEER is a free mentorship program for youth ages 11 to 17 in both Morris and Passaic Counties. This program focuses on students who (may apply but not required):

- Have Adverse Childhood Experiences (ACEs),
- Are currently using or have previously engaged in problematic substance use,
- Are at high risk for using substances, and
- Have loved ones currently using or that previously engaged in problematic substance use.

PEER mentors, individuals who have a personal connection to substance use/recovery, will connect students to a trained mentor for one year, with ongoing support and weekly check in's. **At your request, our group mentorship unit is readily available to come to your school!**



TO LEARN MORE, CONTACT MEGAN SOUTER
MSOUTER@MCPIK.ORG



SCAN ME





welcome to the
City of **Clifton**
established 1917

City of Clifton Older Adult Services Aging & Disability Resource Connection

LOCATION: 900 Clifton Avenue, C-5 BARN / SENIOR CITIZEN CENTER

PHONE: 973-470-2234

FAX: 973-594-1979

Monday thru Friday 8:00 a.m. to 4:00 p.m.

1. Help with filling out all medical forms, Lifeline, P.A.A.D., Senior Gold (Pharmaceutical Assistance for the Aged and Disabled) applications, H.A.A.D. (Assistance with Hearing Aids) (Medicare forms are not included.) Property Tax Freeze Applications – Homestead Rebate.
2. Financial aid to qualified persons for cooling and heating grants.
3. Information and Assistance for solutions to problems and concerns in some areas.
4. Home visits when necessary. Physically housebound.
5. Meals on Wheels-Passaic County Program- 973-569-4099
6. Reduced bus fare applications. Under 65 – over – show your Medicare card.
7. Living Wills by appointment with North East Legal Services 973-523-2900 (Anna Navatta Esq.)
8. Notary Public Services. - free
9. Clifton Home Improvement Program, CHIP, home repairs 470-5848. City hall
10. Food Stamps. 973-881-0100
11. Adult Opportunity Center – 777-7114 – Jodi or Grace
12. Medicare Counseling – Help with choosing Health Ins. Plans.
BY APPOINTMENT ONLY: 973-470-2234
13. Outside Trips available call Phyllis (973) 779-2903 Tuesday & Wednesday

Nutrition Site:

Barn C-5, 900 Clifton Avenue – 973-265-1540. Lunch served Monday through Friday.

Must call a day ahead before 11:00 am for reservations. Suggested Donation \$1.25 per person

Transportation:

For medical appointments, food shopping weekly, DIAL program for people with disabilities, workshops for the disabled, transportation to Clifton Senior Center for Nutritional Program
Call the Outreach Office at 973-470-2235 if you have any concerns or cannot make an appointment, please call Lauren at 973-470-5758

VOLUNTARY CONTRIBUTIONS ARE ACCEPTED



AGENCY FEE SCHEDULE 2022 SERVICES & PROGRAMS

HOME HEALTH AIDE SERVICE

\$33.00 per hour

INCLUDES: Assistance, as needed, with grooming, bathing, toileting, dressing, walking & transfers, activities of daily living, supervision of nutrition, special diets, self-administered medications, meal preparations, and light housekeeping. Professional assessment & RN supervision of Home Health Aide on each case.

AVAILABLE: 7 days a week, 24 hours a day. Source of payment varies

CONTACT: *Intake@ 973-523-1224*

REACH Caregiver Support and Care Education – Alzheimer’s Program

FREE Support Group meetings

Caregivers learn how to deal with difficult situations, and learn what resources are available to them.

Experience the care and concern of people around you who understand the difficulties and isolation that you may be experiencing.

For additional information, or to register to join this group, contact HomeCare Options at (973) 310-9471. 2000 Siena Village, Wayne, NJ 07470. Registration is required.

Care Navigator

FREE No Fee - Grant funded for individual consultation, in home visits, telephone follow-up & Management

INCLUDES: Comprehensive assessment in the home, covering care needs, case management, nutritional counseling, referral to community resources and follow-up by Social Worker./

Comprehensive assessment of present and future life planning, monitoring, delivery of direct services and ongoing care management activities.

Available: by appointment.

CONTACT: *Intake @ 973-523-1224*

GOOD STEPS FALLS PREVENTION PROGRAM

FREE No fee under grant if eligible for Passaic County Office on Aging grant. Donations accepted.

INCLUDES: The program was designed specifically to prevent falls. It consists of a set of leg muscle strengthening and balance retraining exercises progressing in difficulty, and a walking plan. After an initial assessment, a specially trained registered nurse visits the home 5 to 6 times to teach and monitor exercises. Average cost to complete program is \$595.

ELIGIBILITY: 60+ years of age, Passaic County resident

CONTACT: *Intake @ 973-523-1224*

PASP-Personal Assistance Services Program

Individuals who are 18 years of age or older, reside in NJ and live in the community, have a permanent physical disability, require assistance with activities of daily living, are capable of self-directing and supervising their own services, and are employed, preparing for employment through a training program or school, or are actively involved in volunteering in their communities, may be eligible for financial assistance for Personal Care services. CONTACT PASP Program Coordinator, Passaic County, MaryAnne Cannarella, (201) 468-3649.

SEASONAL CLEANING SERVICE

FREE No Fee if eligible for quarterly service to a Passaic County Resident ADRC grant. Donations accepted.

INCLUDES: Intermittent household cleaning for frail elderly and disabled, up to 4 times a year.

ELIGIBILITY: 60+ years of age, frail, disabled, Passaic County resident

CONTACT: *Intake @ 973-523-1224*

HomeCare Options accepts Medicaid, and Private Pay. Mastercard, Discover, and Visa are welcomed.

For any questions or comments regarding HomeCare Options services and programs please call (973) 523-1224 or check our internet site, <http://www.homecareoptions.com>

Take advantage of my Medicare experience

When you have questions, I have answers

Dear Medicare Beneficiary,

I'm happy to introduce myself as a licensed sales agent for UnitedHealthcare® Medicare plans available here in New Jersey. I'm here to personally help you see if there's a UnitedHealthcare Medicare Advantage plan that may be a good fit for you.

When it comes to Medicare, one size definitely does not fit all. What works well for your neighbor may not be the best fit for you. Your health needs may have changed in the past year, and now is a great time to make sure you're in the right plan. I can help you figure out what kind of benefits will be most important to you in the year ahead.

I look forward to helping you find a UnitedHealthcare plan. Call me today to get started.

Sincerely,

Roland Pinzon

KMRA Group LLC

Licensed Sales Agent

201-210-1266, TTY 711

kmragroupllc@gmail.com

UHCMedicareSolutions.com

P.S. There are a number of reasons that allow for enrollment in a Medicare Advantage plan throughout the year. Call me to find out if you qualify.



Get 1-on-1 support for extra peace of mind

Everyone's health care needs are a little different. That's why it's nice to have 1-on-1 support from an experienced agent who can answer your specific questions. I'm ready to help and just a phone call away.



\$225 a month to buy covered over-the-counter products and groceries



Get a prepaid card to buy covered over-the-counter (OTC) products and groceries. It's just one of many extra benefits you could get with **UnitedHealthcare Dual Complete® ONE (HMO D-SNP)**.

With \$225 a month on one prepaid card, you can:

- Buy everyday health care products, including pain relievers, vitamins, supplements, bandages, antacids, cough drops, allergy relief, toothpaste and more
- Buy healthy foods, including fruits, vegetables, fish, meat, dairy, beans, bread, cereals, pasta and more
- Shop at participating stores, including many national retailers and neighborhood stores, or order online with free home delivery options

See if you can get this plan. Call today.

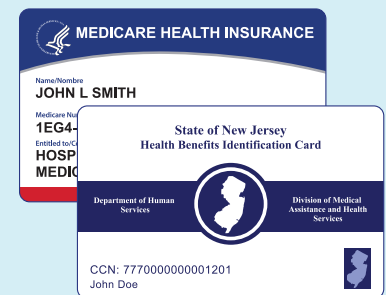
Roland Pinzon

KMRA Group LLC

Licensed Sales Agent

201-210-1266, TTY 711

kmragroupllc@gmail.com



Dual Complete is a health plan for people who:

- Have both Medicaid and Medicare
- Could use more help to cover more care and costs
- Want more benefits for a \$0 plan premium



UHCCommunityPlan.com/NJ

UnitedHealthcare Dual Complete® ONE (HMO D-SNP) is a Dual Eligible Special Needs Plan (D-SNP) with a Medicare contract and a contract with the New Jersey Medicaid program. Enrollment in UnitedHealthcare Dual Complete® ONE depends on contract renewal. This plan is available to anyone who has both Medicare and full New Jersey Medicaid benefits. Members must use network plan providers, pharmacies, DME (Durable Medical Equipment) suppliers. Members will be enrolled into Medicare Part D prescription drug coverage under the plan and will be automatically disenrolled from any other Medicare Advantage or Medicare Part D prescription drug coverage. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. Depending on your level of Medicaid eligibility, costs may vary. OTC and Healthy Food benefits have expiration time frames. Call the plan or refer to your Evidence of Coverage (EOC) for more information. © 2021 United HealthCare Services, Inc. All Rights Reserved.

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